

Safety Tips: Summer Safety:

El Paso Fire Department Officials would like to offer these safety tips for the summer months:

- Excessive Heat Safety- Know the signs of heat related illnesses. These include in order of progression Heat Rash, Sunburn (Sunburn reduces the body's ability to cool off), Heat Cramps, Heat exhaustion and Heat Stroke. Heat Stroke is a severe medical emergency.
- Stay indoors and limit your exposure to the sun.
- If possible move outdoor work to morning or evening hours.
- Wear light-colored, lightweight, loose-fitting clothing
- Drink plenty of water and replace electrolytes. Avoid heavy meals, caffeine and alcohol.
- Do not wait until you are thirsty to drink water.
- At minimum, you should be drinking 8 eight-ounce glasses of water a day.
- Protect face and head; wear a wide-brimmed hat.
- Sunscreens with and SPF of 30 or more applied 30 minutes prior to going outside should be applied to all surfaces that will be exposed the sun..
- Check on friends and family, especially the elderly.
- **NEVER** leave children or pets alone in closed vehicles.
- Ensure pets have plenty of water.